

# QUEEN'S GAMBIT

DAREBEE WORKOUT

@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 goblet squats



10 squat step back



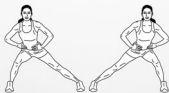
10 squat hold punches



10 squat hold side bends



10 squat hold calf raises



10 side-to-side lunges